



## FUN & GAMES *in the new year*

**BOARD GAMES BEAT BOREDOM** Paladins League on Northeast Fremont Street provides food, fun and good company for all ages. **PAGE 9**



**EXERCISING BODY AND MIND** Barre3 builds healthy bodies, while building community. **PAGE 12**



**FULL PANTRY** The Portland Food Project fights hunger one green bag at a time. **PAGE 3**



**THE GRAPES OF BATH** Dip your toe into vinotherapy in one of The Wine Spa's tubs. **PAGE 6**



### HEALTHIER, HAPPIER

Montavilla has businesses and boutiques to help you achieve your wellness goals.

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**LIVING THAT'S AFFORDABLE** Legin Commons housing complex will offer 124 units. **PAGE 5**

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★ STAR COMMUNITY CONNECTIONS



BY TONY GREINER

TONYGREINER@STAR-NEWS.INFO

GORDON'S BUILDING AUCTION DELAYED

The saga of the ugly, graffiti-covered former Gordon's building at Northeast Broadway and 33rd Avenue continues. Sources say that the scheduled auction of the building has been moved back to January, date to be determined. Reasons for postponing the auction to January are unclear.

OFFER FEEDBACK ON PLANS FOR NE ROADWAY REVAMP

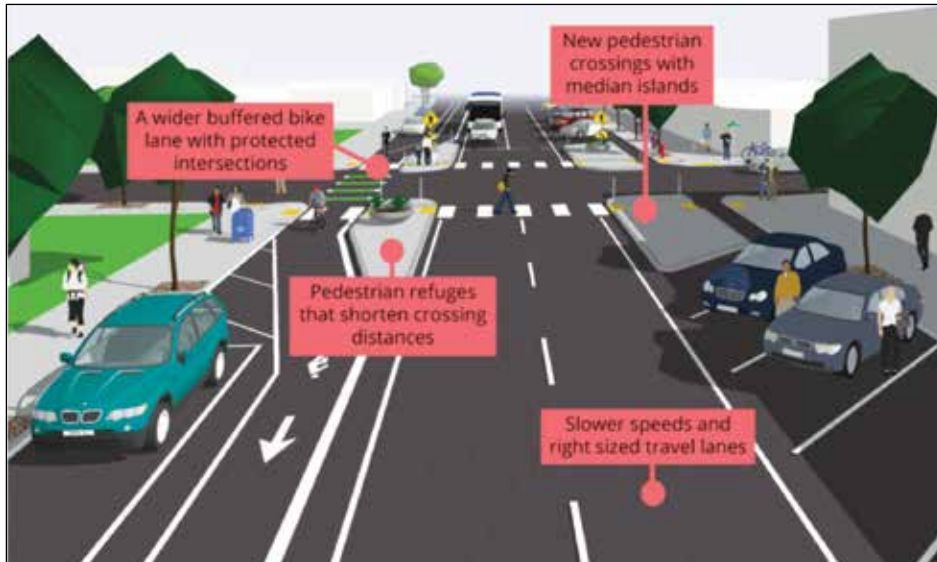
The Portland Bureau of Transportation is holding an online open house to inform people of its plans to change the layout of Northeast Broadway between Seventh and 26th avenues.

Paving maintenance was already scheduled, so they are taking the opportunity to repaint and change the layout of the traffic lanes. This stretch of Broadway is as wide as 82nd Avenue, and has three one-way traffic lanes and a lane of parking on both sides, as well as a bike lane. Pedestrian crossings are few and far between, and traffic often exceeds the speed limit. This has led to high accident rates — including 27 pedestrians hit in the past 10 years. The idea is to slow traffic, making the street safer for bicyclists and pedestrians.

By PBOT's figuring, there are more traffic lanes than needed, so eliminating a lane will not affect the speed in which cars should travel down the road. The extra space will allow for island barriers to serve as protections on the bike lane and provide pedestrians with a shorter walking distance when crossing the street.

Parking spaces would be maintained by having back-in diagonal parking along portions of the south side.

PBOT has created a website that walks people through the process and what they are currently planning to do. You can also sign



This rendering shows a sample of improvements that will be implemented across the Northeast Broadway corridor, including: a wider buffered bike lane with protected intersections, pedestrian refuges that shorten crossing distances, new pedestrian crossings with median islands and slower speeds and resized travel lanes. (PBOT)

up for email updates. It is open now, and will close on Jan. 20. A final plan incorporating public feedback will be released in February. <https://tinyurl.com/repavebroadway>

AUDIT SHOWS PARKS BENEFITING FROM LEVY

According to Portland Parks and Recreation director Adena Long, an analysis by Sjoberk Evashenk Consulting shows that the 2020 parks levy, a property tax of 80 cents per \$1,000 of value is doing what it was intended.

According to the audit, the tax levy is projected to raise \$47 million over five years. It has provided swimming lessons and free or reduced fees for park programs to almost 18,000 people in the 2023-24 fiscal year, as well as increases in park maintenance and number of trees planted.

The funding will run until June 30, 2026, and the City Council has directed the parks system to prepare another ballot measure to ask for its continuation, which will be voted on in 2025.

More on the levy and the programs it supports, as well as notes from meetings and audits can be found at [www.portland.gov/parks/parks-levy](http://www.portland.gov/parks/parks-levy)

ROSE CITY PARK BIKING, WALKING PATH IN WORKS

The Portland Bureau of Transportation is moving along with its 70s Greenway: Cully Connector plan, an effort to make a safe biking and walking route from Rose City Park to south of Foster Road. Part of it would be to close one lane of Northeast 72nd Avenue in the park and limit it to bikes and pedestrians.

Also in the plan is better marking at the crosswalk at Northeast 74th Avenue and Tilla-

mook Street, and protected bike lanes at 74th and Halsey. The entire project has a \$5.2 million budget, coming from the federal government and fees paid by building developers. For more information and to sign up for email updates, visit <https://tinyurl.com/yc7pktba>

LEARN ABOUT THE DOCTRINE OF DISCOVERY

The Doctrine of Discovery, a statement first issued by Pope Nicholas V in 1452, has played a part in European, Western Hemisphere, Asian and African history throughout the centuries. It especially has affected Indigenous



Junha Kim

people encountering Europeans during the past 600 years. In effect, it said that Christians arriving in lands previously unknown to them could claim the territory for their nation, convert the land and those living there to Christianity and to use the land and people "to his and

their use and profit."

A study program on the doctrine is planned from 7-8 p.m. on seven consecutive Wednesdays, Jan. 15-Feb. 26, at the Westminster Presbyterian Church. The program, titled "Dismantling the Doctrine of Discovery" was developed by the Mennonite Church.

"The program will wrestle with Christianity's 600-year history of violence, religious legalism, colonialism and evangelism," said Junha Kim, the church's director of Community Engagement. According to the authors,

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**★ STAR COMMUNITY CONNECTIONS**



The Portland Food Project is fighting hunger one green bag at a time. (Portland Food Project)

several denominations, including members of the World Council of Churches, are examining this aspect of Christian history.

The Westminster program is free, but an RSVP is requested. Reserve a spot by emailing [jkim@westprespd.org](mailto:jkim@westprespd.org) or calling 503-287-1289, Ext. 116.

**PORTLAND FOOD PROJECT HITS 1 MILLION MEAL GOAL**

In December, the Portland Food Project reached a remarkable goal, providing over 1 million meals of nonperishable food to people and families living in the city. The project began in 2012 as an idea by Richard Nudelman, who got 14 neighbors to support two food pantries by purchasing an extra grocery item a week. It now has 1,500 donors delivering 9 tons of food to 16 different pantries.

On the second Saturday of even-numbered months, the bag is collected from the donor's porch and a new one left to be used two months later.

Karen Beck, a member of the steering committee, says there is a wide range of people who benefit from their efforts. The Portland Food Project differs from other anti-hunger

organizations by emphasizing shelf-stable items. This reduces costs of refrigeration and transport, both for the organization and those who eat the food.

The food is sorted and delivered to food pantries, where those needing it can gather what they want. The Food Project is a 100% volunteer organization, and while it has grown, the need for this service continues every day. The service is free, and people who want to donate can sign up at [portlandfood-project.org](http://portlandfood-project.org). They will receive a welcome kit and one of the green shopping bags that mark their work.

**MORE PLACES TO PLAY PICKLEBALL INDOORS**

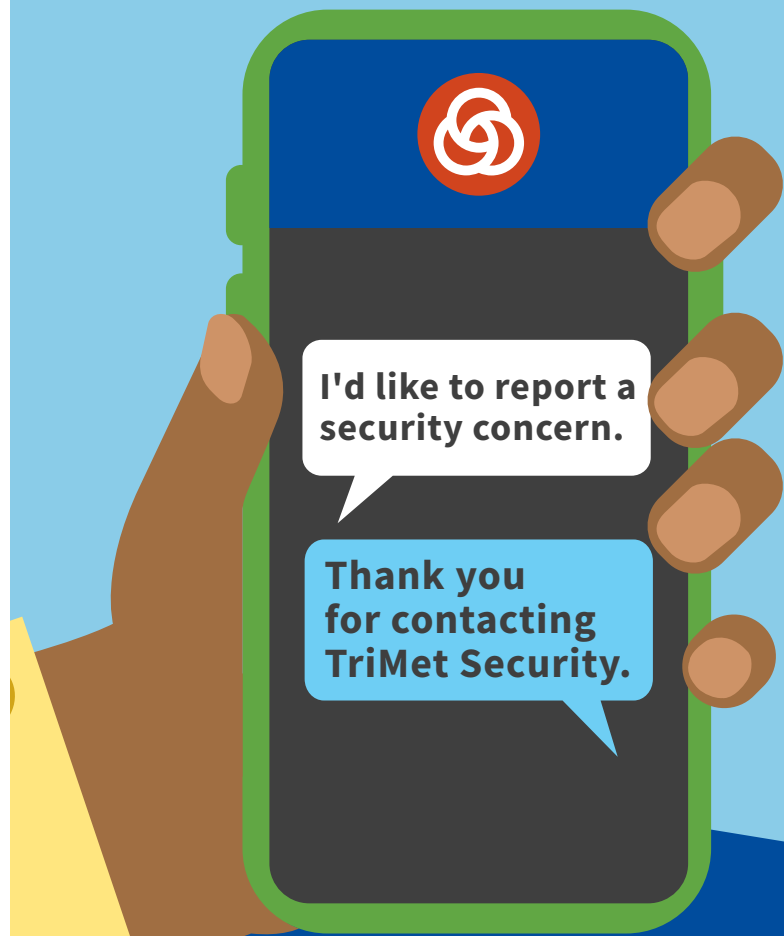
With winter now firmly here, dedicated pickleballers, and people just curious to give the game a whack, have a couple of options in this part of Portland.

One is The People's Courts, at 2700 N.E. 82nd Ave. In addition to several pickleball courts, you can buy food, including healthier choices such as rice bowls, and beverages such as soft drinks, beer, wine, cocktails and

- CONTINUED ON PAGE 4

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Jumbo's Pickleball is now open for indoor play on the top floor of the Lloyd Center, previously occupied by the movie theaters. (Jumbo's Pickleball)

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mocktails. In addition to pickleball, there are bocce ball courts, pingpong tables, cornhole and disc golf. You can rent paddles and balls. It opens at 8 a.m. and goes until 10 or 11 p.m. daily. Reservations are recommended. Visit <https://thepeoplescourts.com/>

Another option is Jumbo's Pickleball, on the upper floor of the Lloyd Center, in the old movie theater space. Like The People's Courts there are many courts available to rent, and there are Men's Nights, Ladies' Nights (both open at several skill levels) and Open Play drop-in periods, with sessions for beginners up to advanced levels.

There is also the Academy, which teaches the skills the game calls for. There are two pricing options: becoming a member, which has a monthly fee, or a simple pay per visit rate.

Call or visit the website for details, 503-208-2888; [www.jumbospickleball.com/](http://www.jumbospickleball.com/)

**BE A MEMBER OR VOLUNTEER AT NORTHEAST VILLAGE PDX**

Seniors who want to "age in place" in their homes might benefit from learning more

about Northeast Village PDX. The village is one of the services of the Northeast Community Center in the old YWCA building in Hollywood, and they also work with the Center for Positive Aging.

The village is part of a nationwide movement that started 20 years ago in Boston, and is now one of over 200 such organizations in the country. The idea is to create and build an intergenerational community and to deal with the problems that also come with aging. Everyone is welcome.

Volunteers serve on various teams. Drivers are especially welcome. There is an annual fee for members, but it comes with benefits including up to 12 rides a month, limited in-home assistance, visits and people doing small errands such as mailing packages. There is also a support group for "solo agers" who do not have a partner.

Some of the most popular activities are coffee mornings, movie clubs, workshops on emergency preparedness, memoir writing and support groups for caregivers and those grieving a loss. Currently there are over 160 full members and 50-some volunteers. For more information, call 503-895-2750 or email [info@nevillagepdx.org](mailto:info@nevillagepdx.org).

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**★ STAR DEVELOPMENT NEWS**



BY PHILL COLOMBO

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**LEGIN COMMONS WILL ADD 124 AFFORDABLE UNITS**

Construction is underway and expected to be completed this coming summer on a 110,00-square-foot, four-story housing complex in the Southeast 82nd Avenue corridor of Montavilla. Now called Legin Commons after the popular, longstanding Chinese restaurant that used to occupy the site, the project got its start when Portland Community College sold off 1.61 acres.

The project will offer a community room, indoor play area, on-site laundry, bike storage and lounges. Outdoors, a community garden, covered and open picnic areas, gathering spaces and a playground will be included.

The units will serve neighborhood families with an emphasis on communities of color, as well as serving a variety of PCC's diverse student body's housing needs.

**PROJECT AIMS TO CLARIFY PERMITTING PROCESS CODES**

City officials call it the Code Alignment Project, and its aim is to improve the permitting process by clarifying aligning codes that give conflicting or unclear directions. Discussion between city development bureaus began in mid-November when staff met and first set out to align threshold triggers for infrastructure improvements.

Threshold triggers are upgrade requirements that are not part of an applicant's proposal but intended to bring development into compliance or closer compliance with current code requirements. Examples of these triggers include improvements such as tree planting, sidewalk upgrades, or bike parking and parking lot landscaping enhancements.

Officials hope results from work on the project will reduce permitting delays, costly project redesigns and additional reviews. The



A four-story Montavilla housing complex will add more than 100 affordable units along the Southeast 82nd Avenue corridor. The project was made possible by PCC's selling 1.61 acres. (Portland Planning & Sustainability)

staff is evaluating the following thresholds to address nonconforming upgrades, street improvements, seismic improvements, street tree planting and loss of nonconforming-use status. The amendments proposed are aimed at creating a more consistent methodology that includes cost transparency and reasonableness.

Next, the project team will evaluate water meter upgrade thresholds, align parking access requirements and dimensional standards along with assessing consistency between system development charge definitions.

For more information about the Code Alignment Project, visit <https://tinyurl.com/bdd5sxf6>

**APPLY FOR SEAT ON CLIMATE CHANGE ADVISORY PANEL**

Applications are due Jan. 17 to serve on the City of Portland's new Sustainability and Climate Commission. The 20 Portlanders chosen will include four youth seats for those 18 to 24 years old.

Formation of the commission is expected to place more emphasis on building resilience and sustainability in the city's communities to address what has been called a climate crisis.

The 20-person commission will review and propose City Council actions to achieve city-adopted goals to eliminate carbon emissions by 2050 and make Portlanders more resilient — especially communities of color and those most at-risk and vulnerable to climate change impacts.

"Portlanders have an important voice in

making sure our city government prioritizes sustainability and climate action," said Sustainability Officer Vivian Satterfield. "As Portland moves forward with a new form of government, we are also advancing the city's commitment to be a climate leader." Satterfield is based in the City Administrator's Office.

The four seats for youth will be one-year appointments. Eight of the remaining 16 seats will be for two-year appointments, and the other eight for three-year appointments.

The volunteer commission will meet weekday evenings at least once a month, and work will be organized around eight initial focus areas: building and homes, climate change resiliency and adaptation, energy and renewables, environmental justice and equity, urban forest, natural systems and carbon management, urban form and transportation and waste prevention, recycling and solid waste.

**APPLICATIONS FILED**

**In Cully at 6732 N.E. 47th Ave.,** David Glenn Salholm Living Trust & Mary Beth Salholm Living Trust applied to deconstruct a 1,302-square-foot, single-family residence built in 1933 and replace it with a single-story metal office building.

**In Laurelhurst at 813 N.E. Hazelfern Place,** Jonathon and Karin Goodling want to build a structure with a 345-square-foot guest studio, bathroom, wet bar and storage that will not be an accessory dwelling unit.

**At 738 N.E. Floral Place,** Charles and Judith Pratt want to deconstruct a detached ga-

rage and patio section built in 1923.

**In Roseway at 3307 N.E. 74th Ave.,** Huong Thi Thuet Do filed for permission to demolish a detached garage built in 1951.

**In Sabin at 4206 N.E. 20th Ave.,** Town Developments Inc. of Vancouver, Washington, is seeking a permit to deconstruct a detached garage built in 1928 along with the driveway and curb cut.

**In Sunderland at 7875 N.E. 14th Place,** the Oregon Humane Society seeks to build a new, 816-square-foot, free-standing shade structure.

**PERMITS ISSUED**

**In Hollywood at 4160 N.E. Halsey St.,** TriMet secured a permit to construct the Hollywood Hub, a 12-story, 224-unit, multifamily, affordable housing apartment building that will include resident amenity areas, caseworker offices, support services and staff parking.

**In Humboldt at 4985 N. Williams Ave.,** Strong AA Limited Partnership, a subsidiary of Community Development Partners in Newport Beach, California, secured permission to construct a four-story, 75-unit, affordable housing apartment building.

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★ STAR FEATURE

# Love wine? ...Try soaking in it

*Kelly Lewis offers vinotherapy, facials, massages and more at The Wine Spa on Broadway*

By Tony Greiner

tonygreiner@star-news.info

Cleopatra. Marie Antoinette. Mary Queen of Scots. What did they have in common, aside from inglorious deaths? They all had great skin. Why? According to Kelly Lewis, owner of The Wine Spa, it is because they bathed in wine. Well, not just wine, but with wine in their bath water. Lewis grew up in Hawaii, but considers the Sullivan Gulch neighborhood her home. It was in her years in the tourist industry, leading groups through Armenia and the neighboring country of Georgia that she learned that those cultures have long practiced bathing in water into which wine has been added. This isn't as surprising as it sounds, as Georgia is the home of the earliest known wineries in the world, from 6000 B.C.

The bug to try this in the United States led Lewis to open the first wine spa in Portland. So, I took her up on the offer of experiencing vinotherapy for myself. According to Lewis, the antioxidants in red wine are good for your skin, and she offered me a soak in a hot tub into which a bottle of wine has been poured, followed by a facial or a massage. I chose the massage.

I arrived at the appointed time, freshly showered, and was greeted by Jamie as

I came in the door. I was offered a glass of wine, and Jamie, who uses they/them pronouns, explained that the process would begin with my soaking in a hot tub for 20 minutes, followed by the massage. They showed me to one of four meticulously clean rooms set up with a bubbling tub and massage table. Unsure of the protocol, I had brought a pair of swim trunks, but learned Lewis' phrase "swim suit or birthday suit, your choice."

Jamie poured a bottle's worth of red wine into the water, which turned a nice rose color, and stepped out of the room. I put my feet in and found the water was indeed hot, and took a moment to ease myself in. On the side of the tub was a spigot, and I found I could add hot or cold water as I wished. In addition to the wine, the water was treated with Epsom salts.

The signs on the wall recommended doing whatever I did to relax, so I brought the plaintive melody of Samuel Barber's "Violin Concerto" to mind, interspersed with some remembered poems of Robert Frost. The jets shut off after 20 minutes, and I got out, slowly, and toweled myself dry. A knock on the door signaled that Jamie was ready to begin the massage.

Jamie is a graduate of the East-West College of Healing Arts here in Portland, and as their skilled hands began the massage, explained that The Wine Spa uses essential oils for its treatments. I had heard the phrase "essential oils" before and

- CONTINUED ON PAGE 7



Clockwise from far left: Cleopatra, Marie Antoinette and Mary Queen of Scots all purportedly bathed in wine as a skin tonic. Embracing their historic know-how, Star reporter Tony Greiner, below with massage therapist Jamie, decided to dip his toes in vinotherapy at The Wine Spa.



(Tony Greiner)

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★ STAR FEATURE



Wine is the main ingredient in The Wine Spa's beauty and wellness treatments. The four vinotherapy rooms are private and relaxing. (Melissa Jones)

learned that it means oils that come from the first pressing of a plant or seed, which are believed to carry the purest essence of the source.

Naturally, the massage oil the spa uses contains a mixture obtained from grape seeds, grape skins and the sap of grapevines. These are the sources of resveratrol and other polyphenols believed to be beneficial. Indeed, the restorative qualities of the vine sap have led to the French expression "when the vines weep, the faces glow."

My massage lasted about an hour, and then I was left to get dressed at my own pace. I walked into the lounge and had a brief chat with two women waiting there for their first experience. Owner Lewis explained that The Wine Spa takes advantage of the vineyards of the Willamette Valley to supply the wine they use, and she is working with the Terra Vina vineyard in McMinnville to produce a special drinking wine for the spa, which will become available this spring.

I asked Lewis how high her lender's eyebrows rose when she first pitched her idea, but she said the Small Business

Association was enthusiastic about the idea, as it was new and exciting. Lewis picked the Broadway location for the spa because it was the former home of Massage Envy, and was already laid out somewhat how she wanted. Being adjacent to Portland's oldest wine seller, Great Wine Buys, was a happy coincidence. I left feeling pretty darn good. Is my skin better? I think so!

If you are regretting giving a dust-buster to your significant other this Christmas, here's your chance to make it up. The Wine Spa offers a number of treatments beyond what I experienced, including facials with Caudalie's Viniferine mixture, scrubs and Swedish, deep tissue and side-by-side duet massages. Prices range from \$99 up to \$399 for super-deluxe treatments.

In addition to private sessions, The Wine Spa can host events for up to 10 people. A grand opening party is scheduled for 6-8 p.m. Jan. 24, with free chair massages, skin analysis, package discounts and wine for sale. No reservations are required.

*The Wine Spa, 1517 N.E. Broadway; 503-946-8450; www.thewinespapdx.com*

# Who was the dead man of Deadman's Hill?

By Doug Decker

Here's something to keep in mind when snow starts falling: While multiple steep sledding streets in Northeast Portland might have the name "Deadman's Hill," only one we know of involves an actual dead man. It's the one-block, downhill stretch of Stuart Avenue, which dives off Alameda Ridge at Northeast Alameda Street, and lands in the intersection of Northeast Ridgeview, Regents and 26th Avenue.

This is not a myth, it's a real story about a well-known and popular Portland businessman who died in 1917 in a freak accident that rattled the business community and shocked the young Alameda Park neighborhood.



Fred A. Jacobs

Fred A. Jacobs, art collector, civic booster, real estate broker and owner of the Fred A. Jacobs Co., had set out with his employee, J.P. Parker, to drive through Alameda on their way to have a look at rental properties in the Vernon neighborhood. At the time — and well up until the 1970s — Stuart Drive was a two-way street. On the morning of June 5, 1917, they started up Stuart Drive on their route north. Why they chose Stuart Drive over the gentler and wider Regents Drive is anyone's guess. The car made it about halfway up the hill, but then stalled out and started to roll backward down the street.

Unfortunately for Parker and Jacobs, the emergency brake did not hold and the car rolled to the far left side of the street, went backward over the curb, bumped over the small peninsula that goes with the Arts and

## NEW FEATURE HELPS STAR READERS EXPLORE THE PAST

A new feature beginning in the Hollywood Star for 2025 is a local history column, written by Doug Decker, who researches buildings and neighborhoods and writes about local history in his blog, [www.amedahistory.org](http://www.amedahistory.org). In upcoming columns he'll delve into layers of history with stories about the people, places and forces that have shaped this place we call home.

Not so long ago, the grid of tree-lined streets and older buildings that characterize today's Northeast neighborhoods existed as dairies, orchards and homesteads. Back before that, these were the homelands of Indigenous people whose lives were closely connected with our rivers and the changing seasons.

Since development in the early 1900s, these neighborhoods have known generations of change, struggle, loss, growth and memory resulting in many layers of history, most of which are mostly invisible to those of us who live here today.

In addition to the stories Doug will be sharing that help make the past more visible, he's also asking Star readers to bring specific history-mystery questions and topics they'd like to know more about. Send us your questions and we'll ask Doug to explore and bring back insight.

For his first column, with snow, kids and sledding in mind, Doug wanted to share how the name "Deadman's Hill" came about, and which of our hills it refers to. Read on!

Crafts home there on the hill, and then flipped over hard, landing on its side 25 feet below on Ridgewood Drive. Jacobs, age 47, was crushed and died later in the hospital.

It didn't take long in the winters that followed for the locals to nickname Stuart Drive as Deadman's Hill. Generations of young people (and their watchful parents) have known this hill since. Sled carefully!



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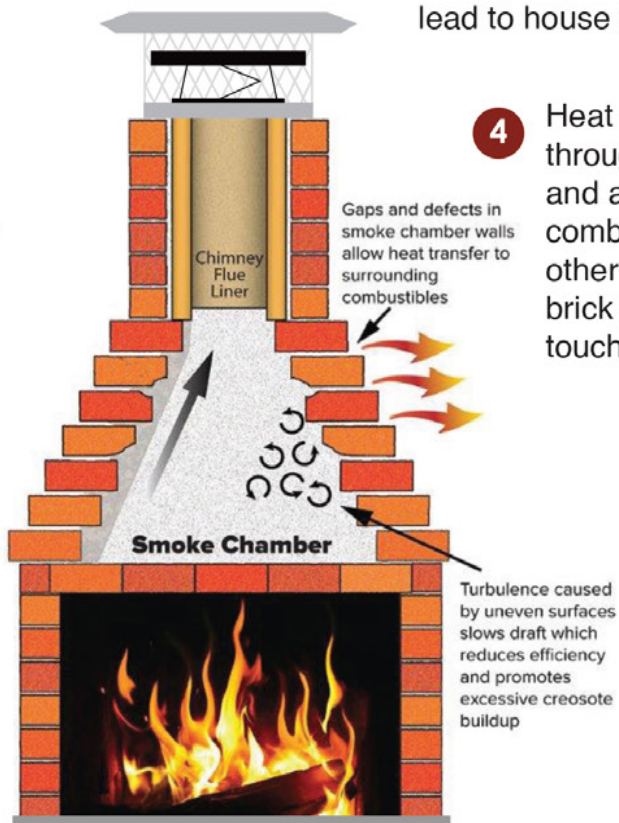
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- 2 The smoke chamber is required to be sealed smooth with refractory mortar to protect exterior combustibles from igniting.
- 3 Wood can be found inside smoke chambers, which can lead to house fires.



- 4 Heat can transfer through masonry and actually ignite combustibles on the other side of a row of brick without actually touching it.



Fire investigators estimate that **40% of house fires** that start from the chimney, start in the smoke chamber.

National Fire Protection Association (NFPA) 211 Standard for Chimneys, Fireplaces, Vents, and Fuel Burning Appliances 2010 Edition. 11.2.1.13 The inner surfaces of the smoke chamber shall be parge coated smooth, with an insulating refractory mortar...

### Facts on WOOD BURNING FIREPLACES

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**Chimney Safety Institute of America (csia.org)** According to the CSIA (csia.org) problems such as gaps, cracks, and spalling in your chimney's flue can present serious risks to your home and family, because your chimney can no longer performs its intended function - to safely contain and vent the products of combustion to the outside.

**National Fire Protection Association (NFPA)** "If the flue liner in a chimney has softened, cracked or otherwise deteriorated so that it no longer has ability to contain the products of a combustion (i.e., heat, moisture, creosote, and flue gases), it shall be removed and replaced, repaired or relined. . . ."NFPA 211-Standard for Chimney, Fireplaces, Vents, and Solid Fuel - Burning Appliances (2006)



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★ STAR FEATURE

Board game fans of all ages will find new favorites, classic go-tos and more in the onsite library, which boasts 500-plus titles.

(Paladins League)



# Gaming space opens in former Alameda Hop building

*Step away from the screens: Paladins League's board games keep boredom at bay*

By Maggie Grainger  
maggiegrainger@star-news.info

Beaumont business aims to bring together board game lovers of all levels for competitive fun, food and good company.

The Paladins League is located at 4765 N.E. Fremont St. In addition to having a library of 500-plus board games onsite, it also has a full menu, soda fountain and adult beverages on

tap with a brunch menu coming shortly.

"It's been an adventure and a quest," says co-owner Jess Monsey who opened the space with her husband, Bob. "You know when an idea won't leave your head? It just became the thing that I was like, 'I feel like we have to do this.'"

"This was a huge leap of faith for us."

Customers can come in and pay \$5 each for a daily game pass (kids 10 and under are free with the purchase of adult passes) and hang out and play for as long as they want. Membership passes are in the works and she says to look out for Dungeons & Dragons leagues and classes in the upcoming months.

In fact, it was the couple's love of Dungeons



Customers can come in and pay \$5 each for a daily game pass (kids 10 and under are free with the purchase of adult passes) and hang out and play for as long as they want.

(Paladins League)

& Dragons that inspired the space and the name.

"The whole reason the Paladins League exists is because we wanted to help more people play more games — role playing games in particular," she says. "We were very hopeful that we could bring something to that

space that would light people up."

Once the idea was hatched, the name was a no-brainer.

"The name hit me like a lightning bolt," Monsey says. "Paladins are characters in D&D that are inherently good. They're driven to do

- CONTINUED ON PAGE 10

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Classes and workshops are held at Wild Hearts Wellness  
4230 NE Fremont  
www.holidaysyogacenter.com

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★ STAR FEATURE

In addition to having a library of more than 500 board games, Paladins League also has a full menu, soda fountain and adult beverages on tap.



good things and to bring people together and to gather the party."

Interested in learning how to play? The Intro to D&D Family Series is a new class where adults and kids can learn to play D&D together. Three weekly introductory sessions culminate with a three-hour, one-shot adventure. Pricing is for each dynamic duo of one adult and one child.

Starting Jan. 10, kids ages 10-18 can join the Friday Night D&D Club where experienced DMs set the stage for young people to tell a shared story, socialize and have fun.

Monsey says it was also important to create a spot that was close to home so her kids — daughter Emma, 12, and son, Henry, 10 — could help out.

"They're so happy about being a part of it, which makes me really proud," Monsey says. "They've got a lot to say about the food, especially the milkshakes. I know that if it puts a smile on their face, that we're on the right track."

The kids also have been working with Bob

and Jess to test-play the games that go into the library. "We want to be able to talk and share information about the games with folks and the kids are playing a big role in that behind the scenes from a family perspective," Monsey says.

Personal family faves include Love Letter, a game where you compete to gain the trust and hand of a princess versus competing suitors, Here to Slay, a strategy card game, and go-to classic The Game of Life.

"They started playing it on their own and now they're obsessed with it," she says. "They think it's incredible they get to do some adulting."

Monsey hopes people enjoy the space and look at it as an extension of their own home.

"We all need to be able to play more in life," she says. "I feel that very passionately. Everyone would benefit from playing more."

The Paladins League is located at 4765 N.E. Fremont St. Check the website — thepaladinsleague.com — for hours, details on clubs and information on upcoming events.

# Beat cabin fever at these kid-friendly spots

By Maggie Grainger  
maggiegrainger@star-news.info

Baby, it's cold outside! Portland winters are notoriously unpredictable — thankfully, there are lots of indoor activities, classes and play zones throughout Northeast designed to help little ones (and their parents) shake out some of that pent-up energy, get moving and have fun.

## NE SWAP AND PLAY

Come and explore this unique community space. The main play area is home to a cozy reading corner, climbing structures and lots of fun toys. Members also have part-time access to Youngston Hall, which has play structures and bikes. The swap room is accessible from inside the playroom and members can drop off donations and take anything they'd like. Be sure to check the website for an updated list of acceptable items to donate.

**ADDRESS:** 5830 N.E. Alameda St. in the basement of the Rose City Park United Methodist Church **WEBSITE:** [newapandplay.org](http://newapandplay.org) **HOURS:** Open to members from 9 a.m.-7 p.m. daily **COST:** Sliding scale for monthly memberships

## THE CIRCUIT ROCK CLIMBING GYM

The Circuit Rock Climbing Gym offers a variety of classes, camps and clubs for kids ages 5 and up throughout the winter months. They also offer a drop-in bouldering basics class for kids ages 7-12 that not only teaches them basic climbing techniques but safety tips, etiquette and more.

**ADDRESS:** 410 N.E. 17th Ave. **WEBSITE:** [thecircuitgym.com](http://thecircuitgym.com) **HOURS:** Varies **COST:** Drop-in class is \$45 per child and includes rentals and day entry

## PORTLAND PARKS AND REC - INDOOR PLAY PARKS

Make new friends and burn some energy during an open drop-in indoor park session at one of the city's many community centers. Toddlers and kiddos under 5 have the chance to run, skip and play with balls, wheels, playmats and structures while staying out of the rain. Bonus: Some playtimes are only \$2. Check out Portland Parks and Rec for a variety of other classes for your littles including art, cooking, swimming, movement, indoor soccer and more.

**ADDRESS:** Various Portland Park and Rec Community Centers **WEBSITE:** [portland.gov/parks](http://portland.gov/parks) **HOURS:** Varies **COST:** Varies but some play spaces are as low as \$2 per child



When the weather gets nasty, kids can while away an afternoon at A Children's Place Bookstore.

## A CHILDREN'S PLACE BOOKSTORE

Is there anything more cozy on a cold winter day than wandering through a bookstore? Especially if that bookstore was created specifically for children? A Children's Place has been delighting and inspiring kids and their parents for more than 50 years. Come in at 10:30 a.m. Fridays for music and storytime and check their website for special author events, crafts and more.

**ADDRESS:** 1423 N.E. Fremont St. **WEBSITE:** [achildrensplacebookstore.com](http://achildrensplacebookstore.com) **HOURS:** 10 a.m.-6 p.m. most days **COST:** Free

## THE HANGOUT

The Hangout on Belmont offers single day art classes for kids on early release, holidays and in-service days that coincide with Portland Public School closures. Check their website for more info on how to sign up and get involved. They also host a Date Night every second Friday of the month. From 6-9 p.m. kids enjoy movies, art, board games and pizza with friends while parents enjoy some time together.

**ADDRESS:** 4707 S.E. Belmont St. **WEBSITE:** [thehangoutpdx.com](http://thehangoutpdx.com) **HOURS:** Varies **COST:** Varies. Date Night events are \$35 a kid, ages 3-11 and includes dinner.

## MUSIC TOGETHER

Foster a love of music and movement with your little one during an engaging session of Music Together. Families get a chance to

- CONTINUED ON PAGE 11

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★ STAR FEATURE

sing, laugh, cuddle, dance and play while making new buddies and building an early appreciation for all things musical. Baby and mixed-age classes are available for kids up to age 8.

**ADDRESS:** Various locations throughout Portland  
**WEBSITE:** [musictogether-pdx.com](http://musictogether-pdx.com) **HOURS:** Varies  
**COST:** \$225 tuition fee for a 10-week class. \$180 additional sibling tuition fee.

**THE CHILDREN'S GYM**

The Children's Gym invites kids from crawling age up to 13 to play during 45-minute open gym sessions. Kids are encouraged to check out gymnastics equipment, which includes high beams, low beams, rings, vaulting spaces, a 30-foot Tumbler Trak, parallel bars, uneven bars, three unique sets of junior bars, and a 24-by-30-foot floor space for tumbling. Preregistration is required.

**ADDRESS:** 1624 N.E. Sandy Blvd. **WEBSITE:** [childrensgym.com](http://childrensgym.com) **HOURS:** Varies by day **COST:** Members pay \$10 for one child and \$5 for additional member siblings, \$87 for non-member siblings. Non-members pay \$15 with each additional sibling \$7.

**THE WIGGLE ROOM**

Kids are encouraged to get their wiggles out at this 2,000-square-foot playspace that includes a climbing structure, giant swing, rotating toys and guest musicians. Bonus: Parents can enjoy a coffee, mimosa or glass of wine while their children burn off some stored up energy.

**ADDRESS:** 1925 N.E. 42nd St., Suite C **WEBSITE:** [www.thewiggleroom.com](http://www.thewiggleroom.com) **HOURS:** Varies by week. Check their website or Google for latest updates. **COST:** \$12 a kid/\$8 for babies

**THE NEST**

Blow off some steam at the Nest. This indoor center is an active kid's dream with a ninja frame obstacle course, rock climbing walls, game room and a full service cafe



Kids of all ages can expend energy while learning the basics of climbing and safety at The Circuit Rock Climbing Gym.

onsite.

**ADDRESS:** 6517 N.E. Sandy Blvd. **WEBSITE:** [nestplayground.com](http://nestplayground.com) **HOURS:** 9:30 a.m.-4 p.m. Wednesdays-Fridays; 9:30 a.m.-2 p.m. Saturdays-Sundays **COST:** \$14 per child

**MCMENAMINS KENNEDY SCHOOL HOTEL SOAKING POOL, MOVIE THEATER**

The historic soaking pool at Kennedy School is a not-so-hidden gem among Portlanders. Book an hour soak with the family then take some time to explore the grounds and enjoy a meal. The onsite movie theater usually plays family-friendly flicks both old and new and you can't beat the price.

**ADDRESS:** 5736 N.E. 33rd Ave. **WEBSITE:** [www.mcmenamins.com/kennedy-school](http://www.mcmenamins.com/kennedy-school) **HOURS:** Hotel guests: 8 a.m.-10 p.m. General public: 10:30

a.m.-7:30 p.m. daily **COST:** \$10 per person (ages 3 and up) for an hour soak. Kids 2 and under are free. Neighborhood residents are free with proof of address.

**NE READY SET GROW!**

It takes a village. Find a supportive community no matter where you are on your parenting journey at NE Ready Set Grow! This inclusive space offers yoga, dance, Pilates and childbirth and parent educational classes throughout the year for those who are pregnant, postpartum and beyond.

**ADDRESS:** 5433 N.E. 30th Ave. **WEBSITE:** [andreadsetgrow.com](http://andreadsetgrow.com) **HOURS:** Varies **COST:** Varies. Monthly memberships and scholarship or work trade options available.

**ICE SKATING AT LLOYD CENTER**

Channel your inner Olympian at the historic Lloyd Center Ice Rink. Strap on

some skates and let the music and the crowd move you on a memorable afternoon out. Be sure to check out the Tuesday and Thursday Cheap Skate schedule for discounted prices..

**ADDRESS:** 953 Lloyd Center **WEBSITE:** [lloydice.com](http://lloydice.com) **HOURS:** Varies. Check the website for details **COST:** \$15-\$20 depending on age/special event. Skate rentals are \$5.

**THE PEOPLE'S COURT**

Let some energy out on the court ... The People's Court. This indoor sports heaven has pickleball, pingpong, bocce, cornhole, an arcade and two restaurants, making it the perfect place to play on a rainy day. Check the website for upcoming clinics, classes and camps.

**ADDRESS:** 2700 N.E. 82nd Ave. **WEBSITE:** [thepeoplescourts.com](http://thepeoplescourts.com) **HOURS:** 8 a.m.-10 p.m. Sunday-Thursdays. 8 a.m.-11 p.m. Fridays-Saturdays **COST:** Depends on game and time of day

**SUNRISE BOOKS**

Sunrise Books is more than a bookstore — it's a curated space designed to let kids explore their creativity and build community together. Enjoy baby storytime on Tuesday mornings, toddler storytimes on Thursdays and a rotating calendar of author visits, events and more.

**ADDRESS:** 4605 N.E. Fremont St., Suite 208 **WEBSITE:** [sunrisebookstore.com](http://sunrisebookstore.com) **HOURS:** 10 a.m.-2 p.m. Tuesday-Saturday **COST:** Storytimes are free. Some events have a small fee. Learn more on the website.

**MULTNOMAH COUNTY LIBRARY BABY AND TODDLER STORYTIME**

Let imaginations soar during library storytime. Check your local branch for baby and toddler-centered activities that include interactive stories, songs, movement, games and open playtime.

**ADDRESS:** Varies **WEBSITE:** [multcolib.org](http://multcolib.org) **HOURS:** Varies by location **COST:** Free

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★ STAR COLUMN

# Powered by community spirit, Barre3 fuels inclusivity

## MIKE on a BIKE



Michael Wright

You can't cycle northbound on North Williams Avenue without seeing a bright orange sign on the sidewalk inviting you to come in and make new friends. I've been cycling past that sign for a dozen years. It belongs to the exercise studio known simply as Barre3. I know it well, my wife, Sally, is there five days a week, with many friends, exercising body and mind.

Barre 3 is unlike any exercise studio I have ever been a part of.

For starters, the founder and CEO, Sadie Lincoln, a fellow Northeast Portlander, says, "Fitness is not broken, our relationship with fitness is broken." If that is the case, then Sadie is working hard to heal it.

Lincoln continued, "The main thing we wanted to solve when we opened our first studio was creating a group exercise class that wasn't about conforming. But it was truly about exercising as a practice to be honest and present in your body as it is."

Classes at Barre3 feel less like school and more like family gatherings. For sure, there is a discipline to the exercise routines and there is a sense of self improvement, a desire to be your best self. For my money that's



Left: Sadie Lincoln is no figurehead CEO. She still teaches classes regularly to many of her founding members on a weekly basis. How's that for walking your talk?

Above: Friendly faces are a trademark of Barre3. This one belongs to Gretchen Shaw, the North Williams studio manager and another Barre3 goodwill ambassador. (Michael Wright)

the differentiator. Everyone is encouraged to participate at their own pace in a supportive, friendly environment. Diane Gray, who joined within months of the opening of the first Portland studio was effusive, "I feel at home at Barre3 with so many of my good friends exercising beside me. We care about each other. We even have a nickname, The Barre Babes. This place renews me and keeps me young!"

The vibe in the sessions feel less like an individual sport and more like a team-building exercise. Their mantra could be, "Cooperation is the thorough conviction that nobody can get there, unless everyone gets there."

Friends greet friends, holiday hugs are in

vogue, tears are shared, birthdays are celebrated, laughs are laughed and that's before the real fun starts as they crank up the music and body and mind building begins.

"Barre3 creates a space for people to embrace body positivity, build community and commit to mindful movement" reads the website. But I know firsthand it is that and more. The members genuinely care about one another and



The exercise classes at Barre3 are a workout for both body and mind, with an emphasis on team building, rather than individual achievement.

(Sally Wright)

share a mission not only to stay fit, but to have a positive mindset and support one another.

OK, fine, I'm a pretty athletic person, but I had no idea how physically challenging Barre3 classes could be. Truth be told, the classes I have joined were demanding for me and the day after, I discovered some muscles I had forgotten I had.

The instructors aren't just about physical fitness, they are embracing the concept of a peaceful mind, an open heart ... and a joyful spirit. It's like a country club environment at each of Barre3's 200-plus studios. From the first time you walk through the door, you are greeted warmly and new friends appear around every corner. It's really a family when I think about it.

Any way you cut it, every time I cycle past, I smile.

Looks to me like the relationship with fitness is well on the way to being healed.

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★ STAR FEATURE

# Indefatigable, inflatable Northeast Portland was on display in December

By Michael Wright  
mgw1424@gmail.com

Who hasn't been to Peacock Lane over the holidays? I don't see many hands going up. My guess is that if you walk around your own neighborhood in December you will see many displays of bright lights of every shape and size. Santas, Rudolph, toy soldiers, The Grinch and Frosty the Snowman. You get the idea. Even Snoopy and Woodstock make an appearance.

The great thing about all these inflatables are the smiles they put on youngsters' faces and whose eyes light up when the characters light up. You could almost see the visions of sugarplums dancing in their heads.

If you swung by Klickitat in Irvington, you saw a display with a Santa over 8 feet tall that was a collaboration by homeowners Makaila and Rhett. Indeed Virginia, there is a Santa Claus and he exists as certainly as love and generosity exist.

Further west, a gentle giant loomed high above Northeast Brazee Street keeping watch for anyone in need of rescue. I'm not talking about the inflatable version. I'm talking about homeowners Jeff and Nicole's magnificent St. Bernard — Moose. He is most definitely a saint.

And you knew Buddy the Elf had to show up with this advice, "The best way to spread Christmas cheer is singing loud for all to hear."

One can imagine Robin exclaiming, "Holy Nutcracker, Batman, that's the largest toy soldier I've ever seen!" as he laid eyes on the towering figure. The Grant Park area was surely safe under his watchful gaze.

Santa greets everyone heading up winding Northeast Regents Drive to the top of Alameda Ridge.

One along Northeast Shaver caught my



eye. The penguins made me smile.

And then there is Snoopy, Charlie Brown and the whole gang. Meet Dan Schindler who designed, carved and painted all the characters by hand several years ago. I met Dan and his wife, Rebecca, as they were putting the finishing touches on lighting Charles

Shulz's cartoons. "Are you a designer?" I asked Dan. "Nope, I've been in the ski business my whole career." With a little probing, I learned that not only was Dan in the ski business, but he was on the U.S. Olympic Ski team as a freestyle aerial skier. That's his team jacket from 1984.

I learned we have a wealth of talent in our Northeast neighborhoods, fueled by a little love, a dash of nostalgia and whimsy. That, and a lot of hot air!

With a tip of the cap to Peacock Lane we salute the community spirit of our neighbors. See you all next year!




Photos by Michael Wright; St. Bernard photo by Jeff Sells

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★ STAR BLOCK X BLOCK

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# Montavilla



BY MAGGIE GRAINGER

MAGGIEGRAINGER@STAR-NEWS.INFO

It's January — which means New Year's resolutions are top of mind. Is this the year you start that hobby you've always talked about trying or is it time to finally focus on you and invest in some self-care?

Thankfully, the Montavilla neighborhood is full of businesses and boutiques that aim to help you achieve your goals — short-term, long-term and everything in between. From massage therapy to the metaphysical, this charming area will inspire you to try something new, revisit something old or allow you to just be in the present as we kick off 2025.

## MAINTAIN YOURSELF PDX MASSAGE

Soothe away the stresses of 2024 and start 2025 off right with a relaxing massage from Maintain Yourself PDX Massage.

Whether you're new to massage therapy or a seasoned vet, owner Diane Barker and her team of therapists will work closely with you to help you achieve your wellness goals.

"We want our clients to leave feeling relaxed and their trouble spots addressed," Barker says. "We also pride ourselves on educating our clients on what patterns might be contributing to chronic aches and pains."

Barker says the team incorporates a variety of modalities including deep tissue, neuromuscular therapy, trigger point therapy, craniosacral, stretching, hydrotherapy and more to ensure each client's goals are met.

"There are a lot of great benefits of massage," Barker says. "From reducing blood pressure and anxiety, relieving chronic pain in both muscles and joints, increasing blood circulation, improving immune health ... plus, it's a great way to keep your muscles flexible and less prone to injury."

"A lot of our clients report getting extended relief from chronic injuries."

For those newer to massage, Barker



Maintain Yourself owner Diane Barker and her team of therapists work closely with clients to achieve their wellness goals. The team incorporates a variety of modalities including deep tissue, neuromuscular therapy, trigger point therapy, craniosacral, stretching, hydrotherapy and more to ensure each client's needs are met.

recommends trying their signature MY Massage, which is the perfect combination of relaxing and therapeutic.

"We've got you covered," she says.

Barker first opened Maintain Yourself in 2021 above the Bipartisan Cafe on Southeast Stark Street and soon realized she would need to expand.

"After a year of building up my clientele, I noticed I was booking up a bit and felt like I could expand and bring on additional therapists. It just so happened that Mia of the Montavilla Community Acupuncture practice was moving out of her space," Barker says. "I felt like it was the perfect opportunity to take over — we've been right on Stark ever since."

The Maintain Yourself team offers a

variety of massage types — from hot stones and aromatherapy to sports and migraine relief. They also offer massage sessions specifically designed for pre- and post-top surgery care for the trans community.

"Taking care of your body is a luxury you can't afford to ignore because, eventually, your body will make you make time for it," she says. "We take care of the maintenance on our cars and our houses, which do so much for us. We have to keep that same philosophy in mind with our bodies as well."

**ADDRESS:** 7925 S.E. Stark St. **WEBSITE:** maintainyourselfpdx.com **INSTAGRAM:** @maintainyourselfpdx **DON'T MISS:** Barker plans to teach a class that digs deeper into the benefits of neuromuscular therapy, which is a way of helping muscles reset when they are stuck in a chronic holding pattern. The session will teach students how to do this on their own so they

can take back some control and help themselves. Check their website for updates on dates and times.

## THE WAY HOME SHOP

A metaphysical shop in Montavilla has become like a second home to those seeking spiritual connection and community.

Owner Gergana Kirilova always knew she wanted to create a healing gathering space but it was her husband who encouraged her to take the plunge and open The Way Home Shop during a family outing.

"I was having ice cream with my husband and my son and there was a little space," she says. "I just said, 'I would love to open up a metaphysical shop when I retire.' And my husband said, 'Why wait?'"

That was the encouragement she needed,

- CONTINUED ON PAGE 15





# NATURAL FURNITURE

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**★ STAR BLOCK X BLOCK**



Way Home Shop owner Gergana Kirilova says customers can find items like healing tools, crystals, tea, jewelry and books at the shop. She also offers Reiki sessions and readings and considers herself a resource hub for different types of healers around Portland.



**ADDRESS:** 8437 S.E. Stark St. **WEBSITE:** [thewayhomeshop.com](http://thewayhomeshop.com) **INSTAGRAM:** @thewayhomeshop **DON'T MISS:** New to the world of metaphysics? Check out Soul School, a six-week course that covers basics like phases of the moon, the meaning of crystals, chakras and more. Drop-in or attend all six weeks. Check out the website for dates, times and pricing.

and they eventually found the space that is currently home to The Way Home Shop in December 2023.

Inside customers will find a variety of “quirky, hippie” items (Kirilova’s words) like healing tools, crystals, tea, jewelry and books. She also offers Reiki sessions and readings and considers herself a resource hub for people looking for different types of healers around Portland.

“I didn’t want it to be just your regular metaphysical shop,” she says. “It’s more of a healing space where people can rediscover their roots.”

One way people are connecting is through networking events like her spiritual women’s gathering, which is held the last Saturday of every month. Other offerings include weekly meditation sessions, a silent book club and parenting with presence classes.

In fact, her events have become so popular that Kirilova opened The Way Home Studio next door to the shop to meet demand. It serves as a dedicated space where people can hold dance and yoga classes.

She says the Montavilla neighborhood has been very open and accepting of the shop and many people just drop in to say hi and hang out.

“I just wanted to make a place where people can feel at home,” Kirilova says. “When they come in, they can have a free cup of tea and hang out.

“Someone will just show up and then somebody else will show up and suddenly we’ll be here two hours later discussing some philosophical spiritual topic. It’s a very positive energy. That’s the vibe that I strive for.”

**READY TO CRUSH THOSE RESOLUTIONS?**

Here are some other Montavilla spots that can help you get on the right track.

**Resolution:** It’s time to train your pooch  
**Noble Dog** offers group and private training as well as puppy camps and other programs for dogs of all ages, backgrounds and breeds.

**ADDRESS:** 8502 S.E. Stark St. **WEBSITE:** [noblewoof.com](http://noblewoof.com) **INSTAGRAM:** @noblewoof **DON'T MISS:** Puppy playschool. This play and train program offers structured playtime that was designed to enhance your dog’s training and skills while still socializing with other dogs.

**Resolution:** You’re serious about stretching it out

**Yoga Refuge** offers a range of classes that are beginner-friendly. The space also plays host to monthly sound baths and movement and philosophy workshops to help you relax, reflect and deepen your practice.

**ADDRESS:** 7831 S.E. Stark St. **WEBSITE:** [yogarefugepdx.com](http://yogarefugepdx.com) **INSTAGRAM:** @yogarefuge **DON'T MISS:** Their new student special includes 30 days of unlimited classes for only \$49. It’s a great way to explore the class schedule and see what they have to offer.

**Resolution:** Find creative ways to get your kiddos’ winter wiggles out

**DolFUN Dynamics** is more than a swim school — it’s an activity center that offers gymnastics and ninja classes for kids looking to get moving.

**ADDRESS:** 9260 S.E. Stark St. **WEBSITE:** [dolfundynamics.com](http://dolfundynamics.com) **INSTAGRAM:** @dolfun\_swim\_academy **DON'T MISS:** Friday Night Fun. Once a month DolFUN offers a parents’ night out event. Drop off the kids (ages 5-12) for three hours of games, crafts and pizza and go enjoy a stress-free date night. Registration is required.

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# Star sighting

Looking for a drink named after one of your favorite Star Trek characters? Look no further than Shaku Bar, located at 3448 N.E. Sandy Blvd. The friendly bartenders serve up fun, pop culture-inspired cocktails, filling rice bowls and good conversation in a chill atmosphere. Stop in on Tuesday nights for a competitive game of trivia hosted by ShanRock's Triviology. \$5 buy-in, 7 p.m. game time.

Where did you spot the Star? Send a photo with a short blurb (3-5 sentences), your name, and the neighborhood to [maggiegrainger@star-news.info](mailto:maggiegrainger@star-news.info) and it might be featured in an upcoming issue!



# In memoriam

## Maura White

There are some people so full of love that it spills out of them, touching all who come near. Maura White was one of those people. White, who led the Mother + Child Education Center on Northeast 41st Ave. recently died from pneumonia. She had led the center for 10 years before stepping away this summer. Mother + Child is devoted to helping pregnant women and young mothers have healthy and happy futures. It provides food, diapers, clothing and advice to all who ask, as no one is turned away.

White always made the effort to provide love support. Comments on her death by those who knew her give an idea of her character. Daughter Anna wrote, "people always tell me I'm a reflection of my mom, and I can't think of a better compliment. To know my mom was to be loved by her." Another called her a "warrior for the less fortunate" who helped kids get fed, engaged and provided them shelter from "dangerous streets and dangerous adults."

White embraced life. She had season tickets to the Seattle Seahawks, visited Maui, loved rodeos and Hallmark movies and belted out "Delta Dawn" in every karaoke bar in town. Reading while floating in a pool was close to heaven.

White and her sister Meghan grew up in Northeast Portland, attending St. Rose of Lima School and Grant High School. She marched in the Rose Festival Children's Parades and later marched in them again with her own two kids. She went to Alpenrose Dairy when the opportunity arose, and vacations were often blended affairs with her friends or sister's families.

Meghan recalled that Maura's voracious love of reading began early. When the Hollywood Library was at Northeast 39th and Hancock, Maura would ride her bike to Baskin-Robbins and pick up one of their cleaned and scrubbed ice cream containers, take it to the library, fill it with books, and peddle home for an afternoon of reading.

For years she was executive director for the Police Activities League, expanding their program to include summer camps, after-school activities and football. She also helped



Maura White loved to read while floating in a pool and was a Seattle Seahawks season ticket holder.



young people apply for college, and was particularly good at snagging full scholarships to attend Portland Community College. When it was time for a change, she went to the Mother + Child Center. It wasn't long before she was head of the Hollywood Boosters, a group that supports businesses and cultural activities in the neighborhood she lived in all her life. This gave her the chance to ride in convertibles and wave at friends, and even serve as grand marshal of the St. Johns Parade.

The brightest candles always burn the quickest. Maura White put everyone before herself, and her family has learned how many lives she touched and how many people called her friend. Even now, she gives. Maura started keeping a journal when she was 9 years old, and continued it through her life. Her children have been reading through them, gaining a deeper understanding of the woman who was their mother.

For more about Mother + Child and ways to donate or volunteer, go to [www.momchildpdx.org](http://www.momchildpdx.org) and a GoFundMe page for her children can be found at <https://gofund.me/1bed0d86>



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## Emanuel John Rumpakis

Northeast Portland icon Emanuel John Rumpakis died Nov. 24, 2024. He was born in Portland in 1932 to Greek immigrant parents and grew up in the Irvington neighborhood, graduating from Grant High School.

Rumpakis received a bachelor's degree in business administration from the University of Portland. After a stint in retail, he opened his own real estate agency, winning many awards and eventually buying the historic "Dutch Village" building at Northeast 41st Avenue and Fremont Street.

Rumpakis founded the Beaumont Business Association and was its first president. He served as grand marshal of the Fremont Fest parade in 2011.

In addition, he was active in the preservation of neighborhoods with the first Irvington cleanup in 1967 that preceded the Irvington Home Tour.

Rumpakis was appointed to the Oregon Heritage Foundation, receiving the Ellis Island Medal of Honor in 2003. He was very proud of his Greek heritage and was a



Emanuel John Rumpakis

founding benefactor of Hellenic Studies programs at several Oregon and Washington universities.

Rumpakis was a member of Ahepa, a Greek American service organization, which bestowed him with honors many

times. As patrons of the organization, the lobby of Ahepa International headquarters in Washington, D.C., is named after E. John and his wife, Cleo Rumpakis.

Rumpakis is survived by his wife of 55 years, Cleo Adeline, brother Mike, sister Maria Hanches and their families.

Contributions may be made to the Hellenic American Cultural Center & Museum, 3131 N.E. Glisan St., Portland, OR 97232, or to Camp Angelos Retreat and Conference Center, 32149 S.E. Stevens Road, Corbett, OR 97019.

— Star News staff



★ STAR COMMUNITY CALENDAR

# COMMUNITY CALENDAR

## ARTS AND CULTURE

### DISPLAYS, STUDIO ART SALE

Jan. 8-28 11 a.m.-7 p.m. "New Beginnings," a series of reclaimed wood art by Heather Kolbo will be at Alberta Street Gallery, through Jan. 28, and that date also is the opening of the annual Studio Art Sale, with discounted prices. That lasts through Jan. 14. On Jan. 15 a display of paintings by Maquette, a series of monoprints and ebru, a Turkish marbling technique by Danny Rodriguez opens. There is a reception on Jan. 17, starting at 6 p.m. On Jan. 30, there is an opening and reception for a group show by local photographers, paper cuttings by David Friedman and Japanese-style jewelry by Leslie McMillan. 1829 N.E. Alberta St., 503-953-3314, www.albertastreetgallery.com

### PRACTICE MAKING COLLAGES

Jan. 19. 10:30 a.m.- 1:30 p.m. The Creative Pathways studio is offering people a chance to sharpen (or learn) their collage-making skills. Collages are formed by pasting various items together, such as a menu atop a painting of a meal on a table. Picasso and Georges Braque were some of the many practitioners. \$15-\$35. Make a reservation at creativePathwaysPDX.eventbrite.com

### STUDY CLASSIC SCI-FI

Jan. 15-16. 7 p.m. Movie Madness University, part of the Hollywood Theatre empire, is presenting a class on the 1997 sci-fi film "Gattaca." It was "ranked by NASA scientists" as the most plausible sci-fi film ever made. The class will look at how the movie was made, as well as the ideas



Bring your seeds, tubers and rhizomes to the Northeast Village PDX seed swap Jan. 25. (Wikimedia)

behind it. Moriarty Arts and Humanities Building, PCC Cascade, 705 N. Killingsworth St. Free, but reserve a spot with a ticket. <https://tinyurl.com/4tfy8wa3> Questions: education@moviemadness.org

### 'AMERICAN SON'

Jan. 23. Opening night for Triangle Productions presentation of "American Son," a play by Christopher Demos-Brown. It's the story of an estranged biracial couple whose son is detained by the police after a traffic stop incident. \$23-25, various discounts available. Sandy Plaza, 1785 N.E. Sandy Blvd., 503-239-5919; www.trianglepro.org/buy-tickets-info

### YOUR NEIGHBORHOOD

#### MONTAVILLA FARMERS MARKET

Jan. 11. 10 a.m.-2 p.m. There is still reason to visit the market. In addition to some winter crops, find offerings from chocolate makers, bakers, the Kiyokawa Orchards and some artisan cheeses. Also open Jan. 25. 7700 S.E. Stark St. www.montavillamarket.org

#### PLANT-BASED POTLUCK

Jan. 19. 5-7:30 p.m. Bring a dish without animal products and try some other vegan dishes. Main dishes, salads and desserts are all welcome. Please bring a card listing the ingredients, along with plates and utensils for your own use. The meal will wrap up around 6:15 p.m. followed by a program, not

yet chosen at press time. Stone Tower SDA Church, 3010 N.E. Holladay St. [nwveg.org](http://nwveg.org)

### SEED SWAP

Jan. 25. 11 a.m.-1 p.m. Northeast Village PDX, which normally does programs for seniors, invites all gardeners to come in for a seed swap and gardening workshops. Bring in your labeled non-GMO seeds as well as rhizomes, roots and tubers. The seeds and such will be grouped by tables, such as root vegetables, nightshades, legumes, etc. Experienced gardeners will be available to answer questions about starting from seeds, and Growing Gardens will provide a free workshop, "Starting Seeds and Planning Your Garden" at noon. Local stores Garden Fever and Portland Nursery are providing additional support. Free. Rose City Park United Methodist Church,

- CONTINUED ON PAGE 18

### VACCINE CLINICS

at Community for Positive Aging in partnership with Lecare Pharmacy

Need your updated Covid vaccine, flu shot or RSV vaccine?



Contact CfPA to register for one of our upcoming community clinics:

\* Thursday, January 16th 11:00 - 1:00 (call to register by January 15th)

\* Thursday, February 20th 11:00 - 1:00 (call to register by February 19th)

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4210 NE Fremont, Portland

★ STAR COMMUNITY CALENDAR

# COMMUNITY CALENDAR

5830 N.E. Alameda St., 503-895-2750, info@nevillagepdx.org

## MEET DISTRICT 3 COUNCILORS

Jan. 28. 7-9 p.m. The Roseway Neighborhood Association will hold a town hall meeting to give people a chance to meet the three people elected to represent District 3. Steve Novick, Tiffany Koyama Lane and Angelita Morillo should be at hand to share their priorities and answer questions. Calvary Presbyterian Church, 3516 N.E. 71st Ave. Open to all.

## CLOTHING EXCHANGE

Jan. 19. 2-4 p.m. Women's, men's and children's clothes will be up for grabs, along with books at the Kenton Clothing Exchange. Visit the website to see which items are most needed. Donations are not required to receive clothing or books. Please don't drop off things early. Kenton Church, 2115 N. Lombard St. <https://freeclothingexchange.wordpress.com/donate/>

## PUBLIC SAFETY MEETING

Jan. 22. 7-9 p.m. The North Portland Public Safety Action Committee (PSAC) has its monthly meeting. The group focuses on public safety, livability and emphasizes community-based policing. There are usually guest speakers from the police, the District Attorney's Office or business associations. The meetings are open to all. There is a Zoom option as well. Sign up for the newsletter, which includes the Zoom link at <https://tinyurl.com/yc6bcsey>. Historic Kenton Firehouse, 2209 N. Schofield St.

## MUSICNOTES

**OLD TIMEY MUSIC**  
Jan. 17-19. Noon-late every day. Fans of bluegrass, Cajun, square dancing and the like are invited to the 26th annual Old Time Music Gathering. Jug bands, jam sessions, shape note singing, sing-alongs and even



Madeleine School is holding an open house Jan. 26, and all are invited.

something called "mini crankie-making" are all part of the fun. Alberta Abbey, 126 N.E. Alberta St. For ticket options and schedule, visit <https://tinyurl.com/oldtime26>

## KIDSTEENS AND FAMILIES

### MADELEINE SCHOOL OPEN HOUSE

Jan. 26. 11:30 a.m.-1:30 p.m. The Madeleine School, a Catholic school teaching Pre-K to eighth grade is having an open house. The school is Catholic, but everyone is welcome. Visitors will have a chance to explore the campus, meet the teachers and learn about the school's focus on academic excellence, creativity and community. 3240 N.E. 23rd Ave. 503-288-9197

## FOR SENIORS

### VOLUNTEER WITH NE VILLAGE

Jan. 23. 1-2 p.m. Northeast Village PDX is a group dedicated to helping seniors age in place, and strives to support them in various ways to make this possible. It serves 18 neighborhoods in Northeast Portland. Volunteers can be of any age, including seniors themselves. There will be a one-hour introduction to the program at the Northeast Community Center, 1630 N.E. 38th Ave. For details, call 503-895-2750 or email [info@nevillagepdx.org](mailto:info@nevillagepdx.org)

## INGENERAL

### GETTING MARRIED IN THE PARK

Jan. 6. 8 a.m.-noon. For folks who want to get married in one of the city parks, Portland

Parks and Recreation will start taking in-person reservations this morning. To get the best spots and times, be at the Customer Service Center on the ground floor of the Portland Building at 1120 S.W. Fifth Ave. In the past, the line started forming at 6 a.m. At 8 a.m. the doors are opened and the permits begin to be issued. After 1 p.m., the staff will also start looking at phone, mail and online requests. There will have light refreshments starting at 8 a.m. There will also be local vendors there to help with the details once you've got your location picked out. Details at <https://tinyurl.com/pdxparkwedding>

## ACTOR, DIRECTOR MATHESON

Jan. 8. 7:30 p.m. Tim Matheson has had a long and interesting career in show business. He was the voice of "Jonny Quest" in the 1960s animated television series, "Otter" in "Animal House" (1978), and Vice President Hoynes in "The West Wing." (1999-2006.) He brings a comic take on his career to date with his show, "Damned Glad to Meet You," in which he shares experiences making movies with Bob Hope, Jackie Gleason, Lucille Ball, John Belushi, Reba McEntire, Steven Spielberg and Aaron Sorkin. It will include photos and film clips from his personal collection. Tickets \$35 and \$99 (includes a meet and greet.) Alberta Rose Theater, 3000 N.E. Alberta St. The word for discount tickets is Hoynes <https://tinyurl.com/mrysatr3>



Tim Matheson

## NATIVE PLANT SALE

Jan. 15. 6 p.m. The East Multnomah Soil and Water Conservation District is putting on its native plant sale. It continues until Jan. 29 or whenever the plants sell out. The average price per plant is \$5, and you can pick them up Saturday, Feb 15, at 5211 N. Williams St. This is the only pick-up day. A

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The Two Towers - 2:45pm  
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**HUNT FOR THE ONE RING**  
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**HAMMERHEAD'S  
39TH BIRTHDAY**  
All day - Food & drink specials - 21 & over

*Monday, January 27*  
**HISTORY PUB**  
**50 PEOPLE, PLACES, AND  
THINGS THAT TRANSFORMED  
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7pm - \$5 adv, \$6 at the door

*Sunday, February 2*  
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*Sunday, February 9*  
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**★ STAR COMMUNITY CALENDAR**

list of the plants and something about them can be found online, along with ordering information and FAQs at <https://emswcd.org/workshops-and-events/native-plant-sale/list/>

**JEWES ON FILM**

Jan. 18. 7 p.m. Eastside Jewish Common presents a screening of cult classic "The Goonies" with a Jewish twist. Watch the adventure unfold, and then dive into a deeper adventure in discussion after the showing. Daniel Zane, a Seattle-based filmmaker and co-host of the "Jews on Film" podcast will share insight on the film's production roots, its timeless themes, and the cast and crew. Further, the audience will unearth the most Jewish scene in "The

Goonies," hunt for Biblical allusions and debate whether "The Goonies" is "good for the Jews." All ages welcome, \$9 (adult), \$5 (child). Eastside Jewish Commons, 2420 N.E. Sandy Blvd, 503-208-5425.

**SCIENCE ON TAP**

Jan. 22. 7-8:30 p.m. "Confirmation Bias," our brain's trait of cherry-picking evidence to "prove" what we already believe is often cited as a problem in science. But James Zimring of the University of Virginia will give a talk on how confirmation bias is actually useful to research and is related to diversity. You can drink a beer while you learn. \$25. Alberta Rose Theatre, 3000 N.E. Alberta St. Tickets and info at <https://tinyurl.com/4k9haju6>



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## COLORING CONTEST WINNERS!



Ages 1-5  
Haygen Childers, age 4



Ages 6-8  
Oliver Moberg, age 8



Ages 9-12  
Mateo Aceves, age 11



Ages 13 and over  
Anna deHaan, age 13

- Felix
- Maddie
- Alicia Cruz Gonzalez
- Audrey
- Max P.
- Elias Keyes
- Jack Selberg
- Luna Dean
- Kira Gray
- Kiva
- Clara Pheanis
- Marguerite Du Plessis
- Freya DeHaan
- Lochlan Childers

- 9-12 Year Olds**
- Henry Carter-Condon
  - Jenneke DeHaan
  - Eli Vickery
  - Clara Foster
  - Rose Rosenbaum
  - Hattie Koehler
  - Owen Gardiner
  - Theo King
  - Clara Vickers
  - George LeBaron
  - Max Melchior
  - Abbey Stark
  - Ady Hughes
  - Winnie Beeson
  - Zoe Mears
  - Annabelle Du Plessis

- 13 Year Olds +**
- J. Holly
  - M. Banke
  - Emily Cole
  - Paul Diener
  - Luella Hoffman

### Thanks to everyone who participated!

- 1-5 Year Olds**
- Kennedy
  - Henry Huth
  - Vega Lauritsen
  - Kai Shearer
  - Frank
  - Porter Ramberg

- 6-8 Year Olds**
- Juliette Krokee

- Emily Mears
- Eva Thayer-Osborne
- Amara Howard
- Oscar Tam
- Elliott Ramberg
- Lucus Ramberg
- Niva Maharjan
- Louie Paterno
- Charlie Thomas
- Louise



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